

# ACTIVITIES TO KEEP YOU MOVING!

National Award-Winning



## Water Fitness Program

Time	Activity
6:00-8:30AM	Lap & Open Swim
8:30-9:30AM	Water Aerobics
9:30-10:30AM	Beach Ball! Fun, Fitness & Fellowship
10:30-12 :30PM	Mon, Wed, Fri— Lap & Open Swim
10:30-11:30AM	Tue & Thur—Aqua Zumba
11:30-12:30 PM	Tue & Thur— Water Fitness: Cardio, Strength & Toning
12:30-5:30PM	Lap & Open Swim
5:30-6:30PM	Water Fitness: Fast Pace Cardio
6:30-7:30PM	Mon-Thur: Lap & Open Swim (Swim Lessons)



### Aqua Zumba

Known as the Zumba "pool party," Aqua Zumba blends the zumba formula and philosophy with traditional aqua fitness disciplines into a safe and challenging, water-based workout.

**Tuesday and Thursday :11:00 AM-12:00 PM**  
**Instructor: Angela Wilson (3 years experience)**

### Facility Rental Fees

#### Gymnasium Rental:

\$100.00 Refundable Deposit

\$40.00/hour + Staffing Fee

(3 Hour Minimum)

#### Pool Rental:

\$100.00 Refundable Deposit

\$50.00/hour + Staffing Fee

(2 Hour Minimum)

#### Full Facility Rental:

\$100.00 Refundable Deposit

\$90.00/hr + Staffing Fee



Monthly and Annual memberships available.  
 Please visit the front desk or call 903-239-5500 for more information

Enjoy our clean, family-friendly atmosphere. We offer the tools for GOOD HEALTH AT A GREAT PRICE!



Three separate weight rooms: machine weights, barbell / free weights, and dumbbell room.

Lifeguard Training Courses



Youth & Adult Swim lessons offered.

Pool Party? Need a gym? Reserve our facility. Call 903-239-5500 for information and availability.



[LongviewTexas.gov/Parks](http://LongviewTexas.gov/Parks)

# Facility Fees

## Monthly

<u>Individual</u>	\$25.00
<u>Senior Individual</u>	\$20.00
<u>Family</u>	\$25.00+\$10.00 per Additional member (\$55.00 Max)
<u>Senior Family</u>	\$20.00+ \$10.00 per additional member (\$50.00 Max)
<u>Corporate Pass</u>	\$250.00 for 15 individuals

## Annual

<u>Individual</u>	\$250.00
<u>Senior Individual</u>	\$200.00
<u>Family</u>	\$250.00+\$100.00 per additional member (\$500.00 Max)
<u>Senior Family</u>	\$200.00+\$100.00 per additional member (\$500.00 Max)
<u>Corporate Pass</u>	\$2500.00 for 15 members

\*Membership packages include use of full facility.

**Full Facility Day Pass: \$7.00**

## Locker Rental Fees

1/2 Size Locker	\$3.00
Full Size	\$5.00

## More Activities from PARKS AND RECREATION

### Classes by Parks and Recreation (PARD):

Photography, Country-Western Dance, Belly Dancing,  
Dog Obedience, and more!

### PARD Sports Leagues:

Adult Softball, Adult Kickball, Adult & Youth Basketball

Call **903-237-1270** for more information

### Broughton Recreation Center Activities:

After School Programs, Dance Classes,  
MLK and Juneteenth Celebrations

Call **903-237-1276** for more information

### Green St. Recreation Center Activities:

Dancing, Blood Pressure Checks, Games,  
Gigantic Garage Sales, Computer Classes and more!



### **SUMMER LEARN TO SWIM**

**Cost:** \$45 per child for group lessons

**Locations:** Longview Swim Center

Ingram Park Pool

Visit [LongviewTexas.gov/2270/Learn-to-Swim](http://LongviewTexas.gov/2270/Learn-to-Swim)

## PAULA MARTIN JONES RECREATION CENTER



**903-239-5500**

**515 W. Avalon**

**Longview, TX**

### Hours of Operation:

**Monday-Thursday: 6:00 AM -8:00 PM**

**Friday: 6:00 AM-6:30 PM**

**Facility Rental Available on Saturday & Sunday**

### Facility Features:

Cardio Room, Weight Rooms

Basketball Court

Racquetball Court

Indoor Pool (25 yards)

Steam Room / Saunas

Real East Texas  
CITY OF **LONGVIEW**  
Parks and Recreation